

KIDS COOKING

LESSONS



WEEK 2 SHOPPING LIST

BAKED HERB CRUSTED PORK CHOPS

- 4 boneless pork chops
- 1/2 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- 1 Tbsp olive oil

HOMEMADE MAC N CHEESE

- 12 oz. box elbow pasta noodles
- 3 Tbsp butter
- 3 Tbsp flour
- 2 cups milk
- 2 cups shredded cheddar cheese

POTATO CHIP CHICKEN TENDERS

- 12 boneless, skinless chicken tenderloins
- 1 egg
- 1 cup sour cream
- 1 tsp onion powder
- 1 tsp paprika
- 3 cups potato chips
- Ranch dressing for dipping

CHEESY HAMBURGER PASTA SKILLET

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning
- 2 1/4 cups beef broth (or water)
- 12 oz. small shell pasta
- 2 cups shredded mild cheddar cheese

CHICKEN QUESADILLAS

- 2 cups rotisserie chicken
- 1 Tbsp homemade taco seasoning
- 1/3 cup red salsa
- 2 cups quesadilla blend or mozzarella cheese
- 12 flour tortillas
- Sour cream, guacamole or salsa for dipping

